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Dr.  
Phil

**forgive**







# Interview with John Poston



Worthington's Pyramid Model of How to Forgive – R. E. A. C. H.





**If it's a person, make  
contact with them.**





Express your repentance to  
God.



Express your repentance to  
God.

Write a letter describing what  
you would have said.

Express your repentance to  
God.

Write a letter describing what  
you would have said.

Release it to God.






**Your greatest hangup might be  
that you've never “forgiven”  
God.**








**Sometimes your inability to  
forgive others is because you've  
never forgiven yourself.**



Matthew 18:21-35







My forgiveness and God's  
forgiveness are  
intertwined.



God moved first.









Join yourself to  
Jesus' death.



Peter Katz  
Forgiveness







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A gold swoosh graphic that starts on the left and curves over the top of the word 'LAFAYETTE'.

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